

GERMANTOWN

★ ATHLETIC CLUB ★

Special Events – February through March

For more information, call 757-7370. Space is limited. Register at Germantown Athletic Club.

Kid's Night Out Game Night, PJ Party Fridays, February 11, March 5, April 1 6 to 8:30 p.m.

Activities for children 1 to 6 years include playtime, dinner and a movie. Pizza and juice are served for dinner. Bring PJs and lots of energy. This is a members only program. The fees are \$15 per member and \$7.50 for each additional member. Kids ages 7 to 13 years are invited to the monthly Game night at Germantown Athletic Club. During the break, players refuel with dinner. Games are refereed and opponents matched according to age. Fees are \$15 per member and \$20 per non-member guest.

FitCamp Session I: Mondays and Wednesdays at 5:30 a.m. beginning March 7 Session II: Tuesdays and Thursdays at 10:45 a.m. beginning March 8

Fees: \$300 for members, \$360 for non-members
Fit Camp is a 6-week, small-group weight loss program led by Ruth Bozeman, AFAA certified personal trainer. This training program provides exercise and nutritional guidance along with motivation and accountability for anyone eager to begin and maintain a healthy, active lifestyle. Each Fit Camp session is one hour. Pre and post assessments are given. The registration deadline is the Wednesday before each session begins. Registration forms may be picked up in the Exeter lobby. Please contact Amy LaRusso, Programs Coordinator, at (901) 751-7508 or alarusso@germantown-tn.gov for more information.

Ballroom Blitz Thursdays beginning March 3, 7 to 8 p.m.

Fee: \$40 per member, \$60 per member couple, \$55 per non-member, \$75 per non-member couple
Master ballroom steps in just four weeks with Germantown Athletic Club's Ballroom Blitz program. Each hour-long class will build upon skills learned in the previous class. This is a class for beginners. Partners are recommended but not necessary. A Ballroom Blitz session includes four classes. For more information contact Jerry Mills at (901) 289-8989. Registration deadline is Monday, February 28. Registration forms may be picked up in the Exeter lobby.

Aerobathon and Spring Market Saturday, March 5

Try a variety of group fitness classes at this calorie blasting event. The aerobathon will be held from 9 a.m. to noon. The market will take place from 11:30 a.m. to 1:30 p.m. Visit with friends and local vendors showcasing Spring product lines. Light refreshments and beverages will be served. A sign-up sheet will be located in the Exeter lobby February 1. Interested vendors please contact alarusso@germantown-tn.gov. Fee: Free for members

SuperMarket Tour Thursday, March 24 at 7 p.m.

March is National Nutrition Month. Healthy cooking and eating involves smart shopping. Tour Schnucks with Stephenie Ward, R.D. and learn how to interpret food label nutritional information to make healthy decisions about the maze of products available. Tours are interactive and allow ample time to browse and discuss a variety of products. Registration deadline is Monday, March 21. Registration forms may be picked up in the Exeter lobby.
Fee: \$15 per member

